Why It’s For You:
You’re extremely committed to losing weight, fat and inches during this four-week program. Not only will you look and feel your best on your big day, but you know that you can do anything you set your mind to.

A Glimpse of a Day:
You won’t be starving yourself or having to spend all day exercising to achieve the results you want. You will feel full and satisfied with your meals and snacks. Below is an example of some of the foods you can eat.

**BREAKFAST:**
VEGGIE OMELET

**AM SNACK:**
MINT CHOCOLATE SHAKE

**PM SNACK:**
STRAWBERRY & SPINACH SHAKE

**LUNCH:**
HERB ROASTED CHICKEN

**DINNER:**
TUSCAN COD

**WATER:**
EIGHT (8 OZ) GLASSES DAILY

†All recipes are found on tlsSlim.com

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*You should consult your physician before beginning this or any other weight management programs. Individuals following the TLS® Weight Loss Solution can expect to lose 1-2 pounds per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

**ACTS:**
Minimize stress-related weight gain

**CORE:**
Tame hunger

**Nutrition Shake:**
Snack or occasional meal replacement

**NutriClean 7-Day Cleansing Kit:**
Cleanses the digestive system

**Multivitamin:**
Sound micronutrient foundation

**OPC-3:**
Powerful antioxidant

®BRIDAL BOOTCAMP
4-WEEK PROGRAM
### PROTEIN: 3–4 SERVINGS PER DAY

- Canned tuna, salmon or sardines (packed in water)
- Chicken or turkey (without skin)
- Eggs or egg whites
- Fresh fish (salmon, tuna, sardines, flounder, snapper, trout, etc.)
- Seafood (shrimp, scallops, clams, lobster, calamari, squid, octopus, mussels, etc.)
- Tempeh
- Tofu
- TVP (texturized vegetable protein)
- Veggie or garden burger (grain-free)

### GOOD FATS: 2 SERVINGS PER DAY

- Oils (olive, avocado, coconut, etc.)
- Avocado, 1/2 medium

### FRUIT: 1 SERVING PER DAY

- Apple
- Apricots, 4 medium
- Banana
- Berries (blueberries, strawberries, raspberries, boysenberries, blackberries), 3/4 cup
- Cantaloupe
- Casaba melon
- Cherries, 12 large
- Currants, 3 tbsp.
- Dates (fresh), 2
- Figs (fresh), 2
- Gooseberries, 3/4 cup
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Jackfruit
- Kiwifruit
- Kumquats, 4 medium
- Lemon
- Lime
- Loganberries, 3/4 cup
- Loquats
- Lychees, 7
- Mandarin orange
- Melon balls
- Mulberries, 3/4 cup
- Nectarine
- Orange
- Papaya, 1/2 medium
- Passion fruit
- Peach
- Pear
- Pineapple, 1/2 cup
- Plum
- Pomegranate, 1/2 small
- Raisins, 2 tbsp.
- Sharon fruit
- Starfruit
- Tangelo
- Tangerine

### OTHER RULES:

Follow the TLS 7-Day Bridal Cleanse Plan during your first seven days, then follow this program. During your first week, follow all the supplement recommendations as outlined above, but add in the nutriclean 7-Day Cleansing Kit. Directions for using the kit are found on the 7-Day Bridal Bootcamp Cleanse Plan.

- No grains or starches
- No alcohol
- Water (minimum of 8 cups per day)
- Supplementation
- Exercise (5–6 days per week)
- Daily journaling
- No Dairy